VANCOUVER metro®
NEWS WORTH SHARING.

Burnaby Mountain protest winds down

Kinder Morgan completes its work and leaves area over the weekend PAGE 3

Arctic voyage in a digital age

Documentary following amateur sailors can be viewed with virtual reality devices PAGE 13

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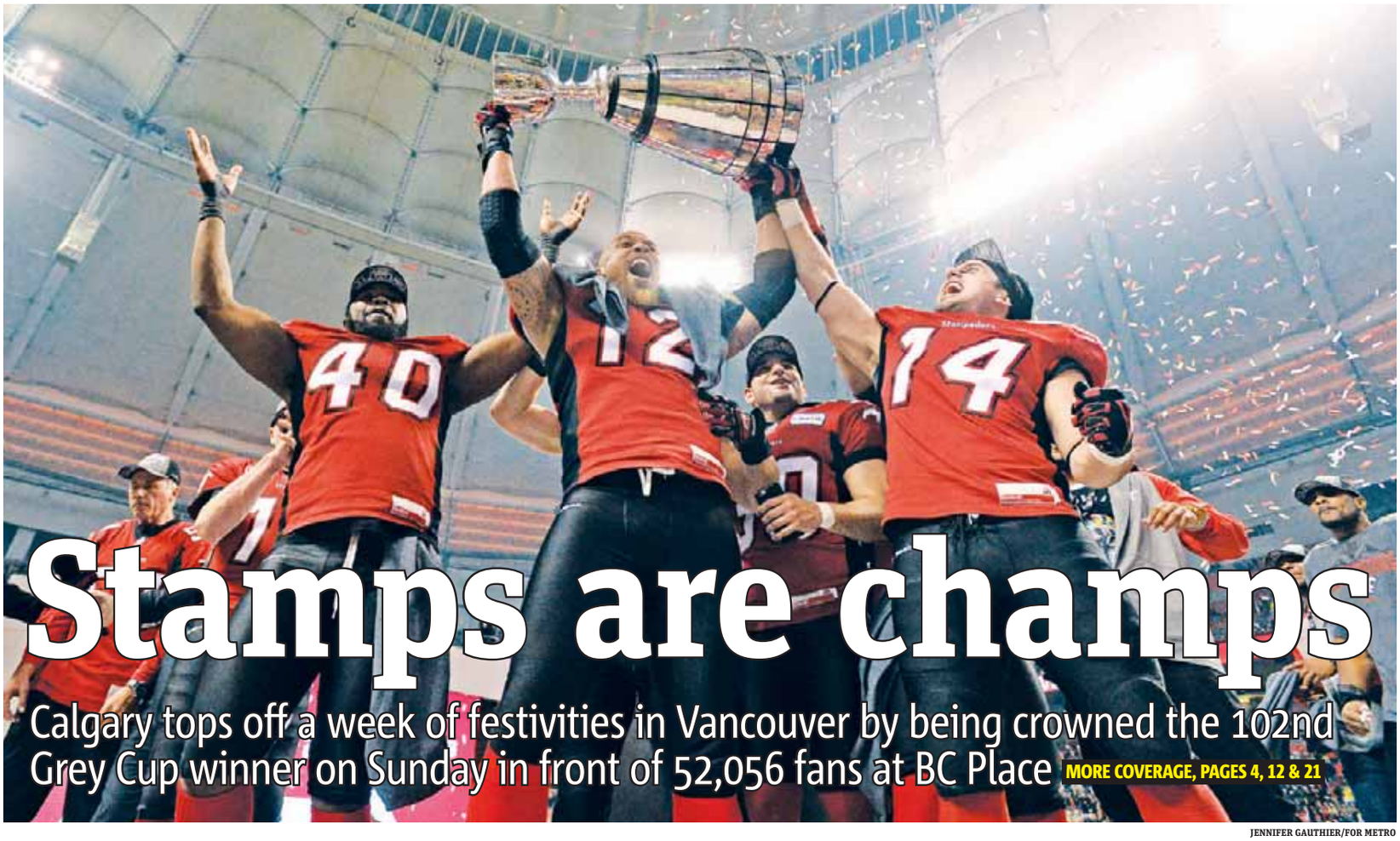
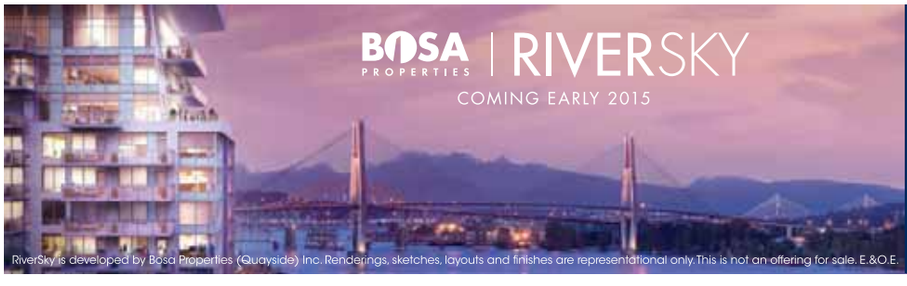


Stamps are champs

Calgary tops off a week of festivities in Vancouver by being crowned the 102nd Grey Cup winner on Sunday in front of 52,056 fans at BC Place MORE COVERAGE, PAGES 4, 12 & 21

JENNIFER GAUTHIER/FOR METRO



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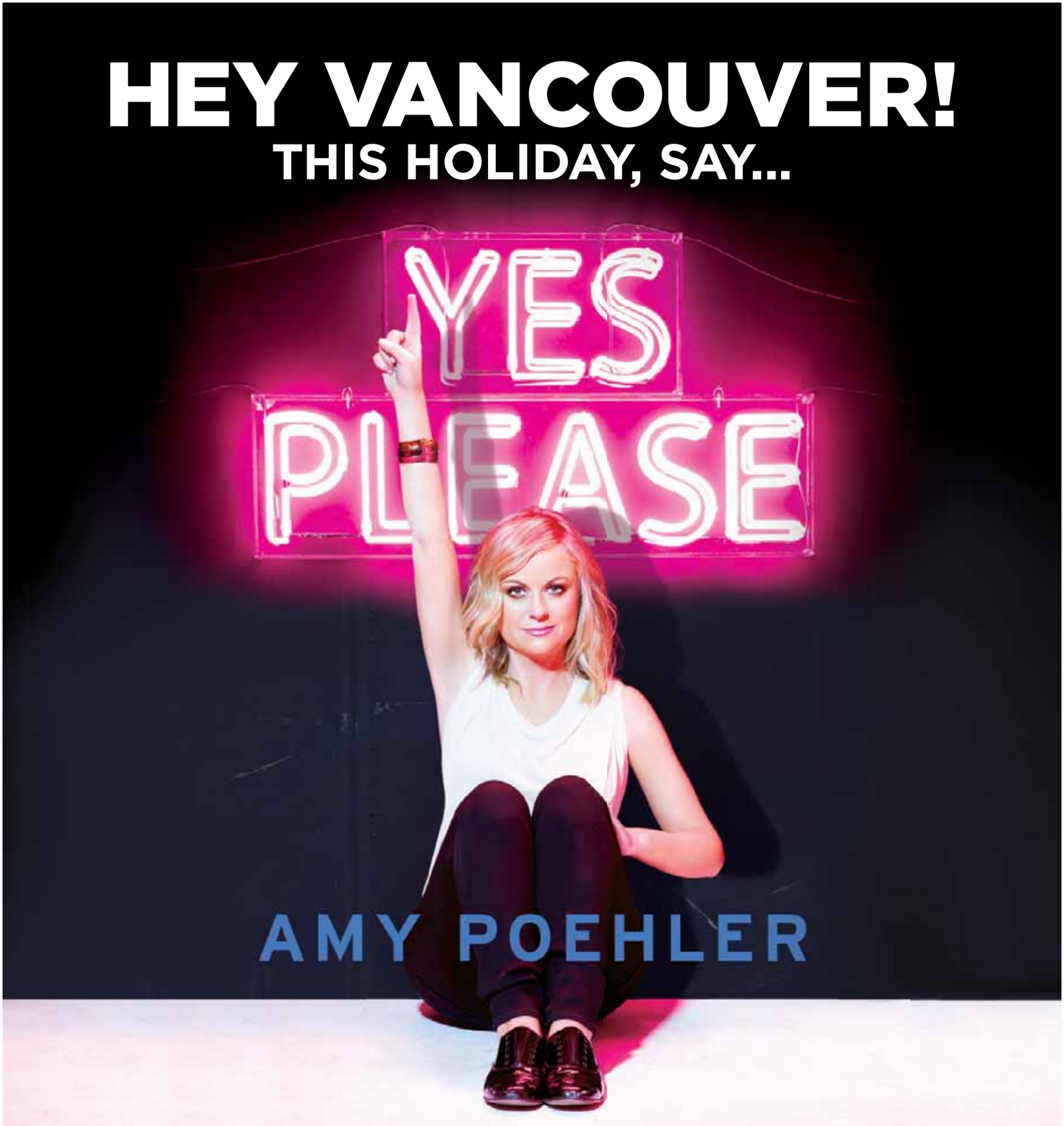

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NEWS

Caught on tape. Officer gets six-day suspension for push

A rookie Vancouver police officer captured on video pushing a disabled woman to the ground has been handed a six-day suspension after waiting more than four years for a conclusion.

But the adjudicator's decision to make the delay a mitigating factor in sentencing for Const. Taylor Robinson frustrates the woman's lawyer, who said Friday the officer's own department was responsible for the lengthy delay.

Robinson admitted at a hearing in July 2013 to shoving Sandy Davidsen — who has multiple sclerosis and cerebral palsy — to the ground in the city's Downtown Eastside.

His sentence constitutes three days of lost pay each for the offences of abuse of authority and neglect of duty.

The delay between the date of the incident to the present is "clearly unacceptable," said Police Complaints Commission adjudicator Wally Oppal, a former attorney general and retired judge, as he announced his decision for a condensed term.

The woman's lawyer had asked for 15 days, while the lawyer for the commission recommended eight to 10 days.

Lawyer Douglas King, representing Davidsen, said he disagreed that the delay should have been a mitigating factor, especially when they feel the Vancouver Police Department's change of lawyers resulted in multiple postponements. THE CANADIAN PRESS

First Nations drummers perform at a Burnaby Mountain rally to celebrate the end of the Kinder Morgan survey work on Sunday. STEFANIA SECCIA/FOR METRO

'This is one battle'

'... We will keep going until we win this war.'

Burnaby Mountain standoff ends after Kinder Morgan completes survey work

STEFANIA SECCIA
vancouver@metronews.ca

Hundreds gathered on top of Burnaby Mountain near Vancouver on Sunday to wind down the latest, and most heated, protest against Kinder Morgan's proposed Trans Mountain pipeline project.

More than 120 arrests were made in little over a week as Kinder Morgan conducted survey work on its preferred pipeline route through the mountain, which is home to a conservation area and Simon Fraser University.

On Sunday, protesters who camped out on the mountain and their supporters celebrated after the company completed its work and left the area over the weekend.

"This is one battle," Rueben George, from the Tsleil-Waututh Nation and program manager of Sacred Trust Institute, said to the crowd. "This is one battle and we will keep going until we win this war."

Burnaby-Douglas MP Kennedy Stewart, who has been openly opposed to the Trans Mountain pipeline expansion, was in attendance to offer his support to the "protectors of the mountain."

On Thursday, the B.C. Supreme Court threw out civil contempt charges against most of those arrested because the company provided incorrect GPS co-ordinates when it initially sought an injunction to protect two work sites.

The court also denied Kinder Morgan an extension to the injunction, forcing it to pack up by Dec. 1.

"(Kinder Morgan) scored a home goal by getting the co-ordinates wrong on the GPS. They failed here," Stewart said. "It doesn't give you much faith in their ability to build a $5-billion pipeline. So it'll be up to them what they're going to put our community through next."

The company removed equipment and supplies from two work sites on Saturday morning, according to a statement.

It is confident it obtained sufficient data from two test holes to report back to the National Energy Board.

Early results show Burnaby Mountain is a viable option for the project, Trans Mountain says.

"Ultimately, if the project is approved, there will be no surface disturbance on Burnaby Mountain because the tunnel, at its deepest point, will be approximately 160 metres below surface," the statement reads.

Trans Mountain is proposing a 1,150-kilometre pipeline expansion between Alberta and Burnaby.

If approved, the twinned pipeline would increase capacity of the system from 300,000 barrels per day to 890,000.

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Grey Cup festivities took over Vancouver on Sunday

EMILY JACKSON
emily.jackson@metronews.ca

1 How sweet it is. The Year of the Horse

Calgary Stampeders Juwan Simpson and Shawn Lemon bask in confetti at the end of the 102nd Grey Cup game in Vancouver on Sunday.
JENNIFER GAUTHIER/FOR METRO

2 Gone but not forgotten. Coming in like a Lion

A B.C. Lions fan sports his colours at BC Place.
JENNIFER GAUTHIER/FOR METRO

3 Imagine that. Band rocks out at halftime

Imagine Dragons perform during the Grey Cup halftime show.
JENNIFER GAUTHIER/FOR METRO

4 Who da Bomb? You da Bomb. Fans flock in from around the country

A Winnipeg Blue Bombers fan represents his team at a fan march to BC Place before the Grey Cup game. EMILY JACKSON/METRO

Painting the town Grey

No matter who they were cheering for, rowdy CFL fans agreed on one thing as they celebrated the 102nd Grey Cup on Sunday afternoon: Vancouver sure knows how to throw a good party.

Fans from across the country enjoyed the week-long festivities, stopping traffic in a parade from Jack Poole Plaza to BC Place on a chilly, sunny afternoon before taking in the big game.

"The parade is the best I've seen," said Sheree Bashak, a Ticats season-ticket holder in a tiger costume. She travelled from Hamilton with her husband Steve, dressed as a giant football.

The couple booked their room a year ago — that's how confident they are in their team — but planned to visit Vancouver regardless to enjoy the festivities in "such a beautiful setting."

Calgary Stampeders fans were also out in full force, enjoying a reprieve from the -30 C weather back home.

"This is amazing," said Stamps fan Connie Ellis, equally certain her team would win.

Even fans without a horse in the race donned face paint and waved flags.

Vancouverite Melissa Cameron was disappointed the B.C. Lions didn't make it to the final but explained that true CFL fans appreciate the sport — and a good party — regardless of who is playing.

"We're not bandwagoners. We just really love the game," she said.

Judging by the variety of jerseys, fans had no problem putting their disappointment aside to simply enjoy Canadian football.

"I could (not) care less (that) we're not playing.… Well, I guess it would be a little better," said Adam Knorr, a Saskatchewan Roughriders fan who lives in Vancouver.

FOR MORE GREY CUP COVERAGE, SEE PAGES 12 AND 21

Man growing pot. Judge gives absolute discharge

A judge has given an absolute discharge to a man charged with trafficking marijuana after police raided his Lions Bay home and found 414 marijuana plants, although many were seedlings.

Michael Santos, an audio engineer with no criminal record, pleaded guilty to possessing about three kilograms of marijuana for trafficking.

The police raid took place on Feb. 28, 2013, when a battering ram was used to break down the front door when no one immediately answered at Santos' rental home, where he lived with his wife and two children.

The court was told that Santos, 40, grew the pot as medication for himself and gave the rest away to others in need of medical marijuana.

NEAL HALL/FOR METRO

Terry Fox. B.C. names day after cancer runner

B.C. has officially named a day after the man whose brave attempt to run across Canada continues to inspire thousands to lace up their sneakers and raise money for cancer research.

The second Sunday after Labour Day will now be known as Terry Fox Day.

The province passed legislation Friday to honour Fox, who endeavoured to run across Canada while battling cancer in 1980. Fox ran 5,373 kilometres from St. John's to Thunder Bay in 143 days before his illness forced him to end his Marathon of Hope. He died in 1981 at 22 years old.

"Terry Fox is an inspiration for British Columbians, Canadians and people all over the world," Premier Christy Clark said in a statement.

EMILY JACKSON/METRO

Canned seafood

Coastal Health warns of botulism

Vancouver Coastal Health is sending out a warning to anyone who may have purchased Bruno's Best ready-to-eat seafood products. The health authority says the four varieties of seafood may contain botulism. The products were sold at three Vancouver locations of Finest at Sea, including its Granville Island store, between June 1 and Oct. 7 of this year.

THE CANADIAN PRESS

North Vancouver

Teen hit by 2 cars

A 13-year-old was struck by two cars travelling in opposite directions in North Vancouver on Saturday. Around 11:30 a.m., the teen was crossing the street mid-block on West Third Street, between Lonsdale and Chesterfield Avenues, when she was first hit. She was rushed to Lions Gate Hospital with serious head injuries, according to North Vancouver RCMP.

STEFANIA SECCIA/FOR METRO

Architects from Iredale Group built a Simpsons-themed gingerbread house for children living at a transition house this season. CONTRIBUTED

Architects build up holiday spirit

Simpsons- and Star Wars-inspired design. Gingerbread houses for people in crisis

EMILY JACKSON
emily.jackson@metronews.ca

A local architecture firm has traded wood for gingerbread to construct elaborate (and edible) houses for children living at a North Shore transition house over the holiday season.

Iredale Group Architecture was working on a separate project with the North Shore Crisis Services Society's Sage Transition House, an 18-bed home for women and children fleeing domestic violence, when staff decided to use their building acumen to create some holiday spirit for the residents.

"The gingerbread was just our way of doing something out of the ordinary," said architect Peter Hildebrand, who remembers the excitement of eating gingerbread houses as a child.

Teams from the firm built unique houses — one is modeled after the Simpsons and a second after Star Wars — that the society was delighted to receive over the weekend.

"The women and children at the house, they're in crisis, they are dealing with a lot of emotions," the society's executive director Laura Reynolds said.

"These sorts of donations just help them feel a little bit more at home, feel a little bit that people care about them. It's just a nice feeling for them."

Christmas, a merry time for most, can be especially difficult for women at the shelter struggling with finances after uprooting their lives to escape abuse.

Sage House, the only transition house on the North Shore, helps about 200 women a year. Stays are typically 30 days, and the beds are almost always full.

For information on how you can help, visit nscss.net.

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'Sensitive' information

Telecom disclosure of surveillance details worried officials: Memo

A move by telecommunications firms to be more forthcoming with the public about their role in police and spy surveillance could divulge "sensitive operational details," a senior Public Safety official warned in a classified memo.

Company efforts to reveal more about police and intelligence requests — even the disclosure of broad numbers — would require "extensive consultations with all relevant stakeholders," wrote Lynda Clairmont, senior assistant deputy minister of the national and cybersecurity branch.

Clairmont's note, released under the Access to Information Act, provided advice to deputy minister Francois Guimont on the eve of his one-hour April 17 meeting with representatives of Telus Corp. to discuss specifically what information the company was allowed to tell the public about electronic surveillance activities.

Telus released a "transparency report" five months later, revealing it had received more than 103,000 official requests for information about subscribers in 2013.

Rogers Communications published a similar report in June — three months before Telus — becoming the first of the major Canadian telecom firms to issue one. Bell Canada has yet to release a report.

The internal Public Safety memo sheds new light on tensions between government officials and industry amid pressure from privacy advocates and civil libertarians for details of the scope and nature of law-enforcement access to Canadians' subscriber information, phone calls and email messages.

THE CANADIAN PRESS

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Lyndon Arnal poses on a tractor in this family handout photo.

THE ARNAL FAMILY/THE CANADIAN PRESS

Family loses three kids in farm accidents

Saskatchewan. The Arnal family's story reflects statistics of farm deaths involving children

Arnal family's tragedy

- **Blake Arnal** died on March 25, 2008, while he was on an all-terrain vehicle trying to tag a newborn calf. He was 14.
- **Sean and Lyndon Arnal** died on July 23, 2014, while riding a tractor towing a baler toward home. The machine was going down a hill when it crashed. Sean had just turned 16. Lyndon was 10.

When one of her children was killed six years ago, Anne Arnal never dreamed she would have to go through the same pain again. And again.

Three of her six children — Blake, Sean and Lyndon — have died in separate accidents on the family's farm.

Arnal says most people can't fathom the grief she and her family are suffering. "I could never imagine how or why I would be asked to have to do this," she says. "You try to figure out whether you're supposed to gain something or whether you're supposed to change somehow or what you're being tested for … and I don't have the slightest idea."

Clifford Arnal grew up on the family homestead near the tiny community of Ravenscrag in southwestern Saskatchewan, where flat prairie turns into hills and valleys. He and his wife raised their children there, and it's where he and his brother and father harvested crops and herded cattle.

He hasn't been back to the farm since he buried two of his sons last summer. He took a construction job and his wife, who has stayed at the farm, makes the five-hour drive east to visit him in Estevan.

Anne Arnal says keeping her kids from farm work wasn't an option, even after Blake's death. Sean and Lyndon were energetic boys and she didn't want them growing up in a bubble. They wouldn't have been the people they were supposed to be, she says.

The family's story reflects statistics of farm deaths involving children — most are boys killed by tractors and all-terrain vehicles. A study by the Canadian Agricultural Injury Reporting program shows an average of 104 farm deaths each year, 13 of them children.

The surviving Arnal siblings came up with the idea to fund projects for future farmers and have already received donations from strangers who've heard about the family. They're also planning to start annual fundraisers around the three boys' birthdays that will contribute to the bursary.

THE CANADIAN PRESS

Michaëlle Jean named new leader of la Francophonie

Secretary-General of la Francophonie Abdou Diouf raises the hand of former Governor General Michaelle Jean as she celebrates after being chosen as the new Secretary-General of la Francophonie during the Francophonie Summit in Dakar, Senegal on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

First female leader. Jean will replace Abdou Diouf, who stepped down after 10 years in the position

Former governor general Michaëlle Jean has been named the first female leader of Organisation Internationale de la Francophonie (la Francophonie) and says its members must work closely together to ensure prosperity and stability.

While the organization has concentrated largely on cultural issues over the years, Jean signalled on Sunday that more emphasis will be put on economic matters.

"One of the most ambitious and daring objectives that la Francophonie has ever set for itself is the idea of an economic Francophonie," she told a news conference after being named by consensus at a summit of its members in Dakar, Senegal.

"We need to work together, unite our efforts, especially as countries want growth, prosperity and development, knowing for example that a crisis in Mali is not (just) a Malian crisis."

She said a sharply focused economic strategy can provide "new relevance for la Francophonie."

Jean, 57, was up against four other candidates at the summit of la Francophonie, whose 57 members include Canada, Quebec and New Brunswick. She will replace Abdou Diouf, who stepped down after more than 10 years in the position.

Prime Minister Stephen Harper, who attended the meeting with Quebec Premier Philippe Couillard and New Brunswick's Brian Gallant, congratulated Jean.

"It's a great reflection on our country, on the role we play in the francophone world, internationally, and the recognition of the importance of the French fact and the French reality in our own country," Harper said. THE CANADIAN PRESS

List of demands

Prentice to discuss Energy East with Ontario, Quebec

Alberta Premier Jim Prentice is scheduled to meet with his Ontario and Quebec counterparts this week to lobby for support of the Energy East pipeline.

Both eastern premiers have a list of demands. They want contingency plans and emergency response programs, consultations with First Nations and consideration of environmental impact and greenhouse gas emissions. THE CANADIAN PRESS

D-rating

Canada lagging on animal protection: new global index

Archaic anti-cruelty legislation and weak transportation laws are among the reasons for Canada's mediocre ranking when it comes to animal protection, according to a new global assessment.

Overall, Canada gets a D-rating on the animal protection index, which rates 50 countries on a scale of A to G.

THE CANADIAN PRESS

Israeli-Canadian woman captured by ISIL: Reports

An Israeli newspaper report says Islamist websites are claiming extremists have kidnapped an Israeli-Canadian woman who joined Kurdish fighters.

The Jerusalem Post says reports of Gill Rosenberg's capture surfaced Sunday on websites "known to be close" to extremists from the Islamic State of Iraq and the Levant (ISIL). The newspaper says the websites give few details on the alleged kidnapping, only that it occurred after three suicide attacks on sites where Kurdish fighters were holed up.

A Foreign Affairs spokesman says the government is aware of reports a Canadian citizen was kidnapped in Syria and is "pursuing all appropriate channels to seek further information."

Clashes between ISIL and Kurdish troops have largely focused on the Syrian city of Kobani, near the Turkish border.

The al-Qaida splinter group is currently in control of large swaths of territory in both Syria and Iraq. THE CANADIAN PRESS

Saudi Arabia

Canadian stabbed by Saudi: Report

The official Saudi Press Agency says a Canadian citizen was stabbed by a local man while he shopped in a mall with his family in the country's oil-rich Eastern Province.

The news agency, quoting a police spokesman, says the victim was transferred to a hospital Saturday afternoon.

Police say they have arrested the man and are investigating. THE ASSOCIATED PRESS

Mental health staff for remote military posts difficult to find: DND documents

National Defence's pool of candidates for vacant mental health positions dried up quickly last spring when civilian recruits were told they would have to relocate to far-flung military outposts.

Critics say that underlines the need to recruit uniformed psychiatrists, psychologists and counsellors. Briefings and documents, obtained by the federal Liberals, show how officials scrambled to fill 54 vacant staff jobs amid a crisis where as many as 10 soldiers and veterans took their own lives within a three-month period.

"We anticipate a minimal number of offers to be issued because those qualified individuals remaining in the pool are not interested in the work locations are unwilling to relocate," said a document prepared by the assistant chief of military personnel.

National Defence tried to fill the vacancies by launching ad campaigns, but officials said there was a lack of interest in locations such as Cold Lake, Alta., or Shilo, Man. THE CANADIAN PRESS

No payout. Ferguson cop was not given severance

Ferguson police Officer Darren Wilson did not receive a severance package when he resigned over the weekend, the St. Louis suburb's mayor said Sunday.

Wilson, 28, won't receive any further pay or benefits, and he and the city have severed their ties, Mayor James Knowles told reporters a day after Wilson tendered his resignation, which was effective immediately.

Wilson, who is white, had been on administrative leave since he killed Michael Brown, an unarmed black 18-year-old, during an Aug. 9 confrontation. A grand jury decided Monday not to indict him, sparking days of sometimes violent protests in Ferguson and other cities.

Wilson wrote in his resignation letter that his "continued employment may put the residents and police officers of the City of Ferguson at risk, which ... I cannot allow."

His lawyer, Neil Bruntrager, told The Associated Press that Wilson decided to step aside after police Chief Tom Jackson told him about the alleged threats on Saturday.

"The information we had was that there would be actions targeting the Ferguson (police) department or buildings in Ferguson related to the police department," Bruntrager said.

He said Wilson, who had worked for the department less than three years, and the city was already discussing an exit strategy.

THE ASSOCIATED PRESS

Quoted

"In terms of what it (the resignation) means, it means at this point he doesn't have a paycheque. He has no income so he'll have to make some decisions pretty quickly."

Neil Bruntager, Darren Wilson's lawyer

Diner stands by Bill Cosby despite allegations

Ben's Chili Bowl restaurant is an old diner in Washington, D.C. that's as beloved for its chili dogs as it is for its survival, having withstood devastating riots and economic lean years. Now it's standing by Bill Cosby, its longtime customer whose face is plastered all over the place. Cosby has been eating at Ben's Chili Bowl for over a half-century. A huge mural outside has his face on it. The wall inside has his photos up. There's also a sign behind the cash that says he eats for free. That won't change with a string of sexual-assault allegations, the owners say.

ALEXANDER PANETTA/THE CANADIAN PRESS

Catholic church

Pope hopes for unity with Russian Orthodox church

Pope Francis said Sunday he is ready to go anywhere, anytime to meet with the head of the Russian Orthodox Church — even while acknowledging he doubts the day will ever come that Catholic and Orthodox theologians will end the 1,000-year schism. Asked about prospects of meeting with Patriarch Kirill, head of the Russian Orthodox Church, Francis said both wanted to meet. THE ASSOCIATED PRESS

State building

Israel celebrates 1948 migration

Israel has commemorated the mass migration of Jews from Middle Eastern countries following its creation in 1948.

President Reuven Rivlin marked the occasion with a Sunday reception meant to honour the 800,000 that were expelled, fled, or left their homes.

In a statement, Prime Minister Benjamin Netanyahu linked the occasion to Arab countries' continuing unwillingness to accept Israel's legitimacy.

THE ASSOCIATED PRESS

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U.S. case to probe limits to free speech on the Internet

Social media. Pennsylvania man convicted after posting rap lyrics on Facebook about his estranged wife

Anthony Elonis claimed he was just kidding when he posted a series of graphically violent rap lyrics on Facebook about killing his estranged wife, shooting up a kindergarten class and attacking an FBI agent.

But his wife didn't see it that way. Neither did a federal jury.

Elonis, who's from Bethlehem, Pa., was convicted of violating a federal law that makes it a crime to threaten another person.

In a far-reaching case that probes the limits of free speech over the Internet, the Supreme Court on Monday was to consider whether Elonis' Facebook posts, and others like it, deserve protection under the First Amendment.

Pennsylvania man Anthony Elonis was convicted of violating a U.S. federal law that makes it a crime to threaten another person after posting a series of graphically violent rap lyrics on Facebook about killing his estranged wife. AFP/GETTY IMAGES

Elonis argues that his lyrics were simply a crude and spontaneous form of expression that should not be considered threatening if he did not really mean it. The government says it does not matter what Elonis intended, and that the true test of a threat is whether his words make a reasonable person feel threatened.

The case has drawn widespread attention from free-speech advocates who say comments on Facebook, Twitter and other social media can be hasty, impulsive and easily misinterpreted. They point out that a message on Facebook intended for a small group could be taken out of context when viewed by a wider audience.

Elonis was convicted of making threats of violence and sentenced to nearly four years in federal prison. A federal appeals court rejected his claim that his comments were protected by the First Amendment. THE ASSOCIATED PRESS

Rap lyrics

"There's one way to love you but a thousand ways to kill you. I'm not going to rest until your body is a mess ... "

A Facebook post by Anthony Elonis about his estranged wife

'Make or break'. Retailers linking online to traditional holiday ad campaigns

Retailers spend millions over the holiday period to get consumers to open their wallets.

But those advertising campaigns are increasingly allocating more funds to target online shoppers, in addition to traditional newspaper ads, radio and television commercials and glossy catalogues.

Retail sales in Canada are expected to hit $46.8 billion in December, up five per cent from last year, according to a study released by Colliers International.

"(Retailers) want to have their message available (online), and it's basically fishing where the fish are," said David Rosenberg, of advertising and marketing firm Bensimon Byrne.

THE CANADIAN PRESS

Switzerland. Voters against hoarding gold, limiting immigration

Swiss voters overwhelmingly rejected three citizen-backed proposals to protect the country's wealth by investing in gold, drastically limit immigration and eliminate a special tax that draws rich foreigners.

The separate proposals had needed a majority of voters and Switzerland's 26 cantons (states) to pass. A proposal to require the central bank to hold a fifth of its reserves in gold was opposed by 77.3 per cent of voters, according to final results from Swiss broadcaster SRF.

A proposal to limit immigration to 0.2 per cent of Switzerland's population — about 16,000 immigrants a year for a country of 8 million — was opposed by 74.1 per cent of voters. None of the cantons came out in favour. Currently, immigration is estimated at around 80,000 a year. THE ASSOCIATED PRESS

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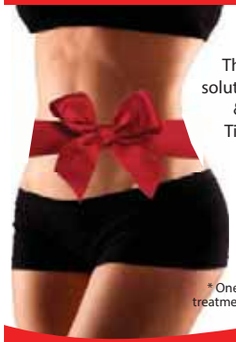
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VOICES

IT REALLY IS THE 'GREY' CUP

While 20,000 football tourists showed up in downtown Vancouver over the weekend, the average age of a CFL fan is 54 and aging

PAUL SULLIVAN
vancouver@metronews.ca

Football fans are seen prior to the 102nd Grey Cup between the Calgary Stampeders and the Hamilton Tiger-Cats in Vancouver, Sunday. NATHAN DENETTE/THE CANADIAN PRESS

Downtown Vancouver was nuts on Friday.

On a balmy, sunny day that broke a high temperature record for November 28, the streets and malls were teeming with Black Friday hordes on a serious quest for deals.

As usual, the diversity of the faces was something to behold. Everyone from everywhere lives here now. But also represented was the not-so-usual-these-days presence of a large number of greying, mustachioed white gentlemen, guys with ball caps and names like Stan and Al.

We haven't seen that many boomers on the street since Alaska cruise season closed, and all those people from Nebraska went home.

It seemed odd until I realized that it is Grey Cup weekend and there are 20,000 Canadian football tourists in town, all of them converging on the downtown and BC Place, where the big game was played yesterday.

The thing is, the big game ain't as big as it used to be.

At game time, there were in the neighbourhood of 1,000 unsold tickets going cheap, speaking of deals. It could be because the local Lions weren't playing, or it could be because Canadian football and its championship game aren't the draw they once were.

An Angus Reid survey released on the eve of the game seems to bear this out, in spades. Of the 1,500 polled, less than a quarter said they would watch the game. If you think the Grey Cup is a patriotic duty, it's disturbing that more respondents prefer the U.S. Super Bowl to the Canadian game, 52 to 48 per cent. Even more troubling is that two-thirds of young people in the coveted 18-34 bracket prefer the Super Bowl.

The average age of a CFL fan is 54. It truly is the "Grey" Cup.

I'm right there with Stan and Al, tumbling down the demographic slope. I paid my dues years ago, in the form of a season ticket to the Winnipeg Blue Bombers, on the legendary east side of the old stadium, exposed to the prairie elements, most of which were frozen.

How quaint. Just like the CFL game with its three downs and the rouge, where a single point is scored if the opponent fails to run a punt out of the end zone.

The loyalty of most CFL fans was fostered before everyone had universal access to the NFL, which — and CFL fans will argue against this with their dying breath — is obviously a superior product.

When you think about it, how many people would put up with a bush-league hockey franchise in Vancouver when the NHL is available? And now, the big cities (Vancouver, Toronto, Montreal) have MLS soccer, which is the best game available in North America — and attracting better players all the time. Something the CFL simply can't say.

This probably wasn't the last Grey Cup in Vancouver, but it may be the last that sells 50,000-plus tickets.

Stan and Al … and Paul … won't be around much longer.

World AIDS Day

In the span of a generation, AIDS has gone from being a death sentence to a treatable disease in Canada. With World AIDS Day taking place this Monday, Metro's Matt Kieltyka talks to experts about how far we've come and what still needs to be done.

DEVASTATION SPURRED US INTO ACTION

Dr. Julio Montaner

Dr. Julio Montaner, the world-renowned AIDS researcher and director of the British Columbia Centre for Excellence in HIV/AIDS, remembers what it was like to walk the streets of Vancouver at the height of the outbreak in the 1980s and '90s.

"The first decade or two was really devastating. It was a bit scary to walk down Davie Street," said Montaner, referring to the city's gay district. "There was a lot of AIDS walking around, a lot of sick people."

At that time, patients — mostly gay men, then — were being ostracized, discriminated against and stigmatized. For Montaner, it was the sight of real human suffering on the streets and the chance to learn from advocates that helped turn the tables and change the culture surrounding the disease.

"It had an effect on you," said Montaner, chief architect of the UN's new 90-90-90 strategy to end the AIDS epidemic by 2030.

Much of the fear and paranoia in the gay community gave way to tolerance and education, allowing researchers and health-care workers to attack the virus. Patients are living longer lives thanks to Montaner and his team, who championed advances in the form of highly active antiretroviral therapy (to reduce viral loads) and the Treatment as Prevention model (to cut the spread of the disease). The latest advancement is a regimen of drugs that can be taken proactively, preventing patients (those that can afford it) from contracting the virus. As a result, new AIDS cases in Canada have dropped 90.6 per cent since 1993, when the country reported a record 1,833 cases.

Montaner has been calling for the federal government to adopt his strategies on a national level to reach affected and often marginalized groups.

SHIFT DOESN'T EXTEND TO THOSE HIT HARDEST

Jessica St. Jean

Despite the medical progress being made treating patients and reducing the spread of HIV/AIDS, cultural stigmas still prevent many populations from accessing proper education, testing and medical services.

"HIV, in the minds of people, is as serious as it has ever been," said Jessica St. Jean, manager of the indigenous education program at YouthCo, a Vancouver organization that strives to reduce the impact of HIV among youth.

"There is still so much stigma and fear around sex and sexuality and HIV."

While gay communities in urban centres have plenty of education and medical resources available to them, other demographics aren't so lucky.

First Nations, gay people in rural communities, drug addicts and sex-trade workers are underserved and even criminalized in many cases.

"(Yet) marginalized populations are the ones most affected by HIV," said St. Jean.

For example, the rate of positive HIV test reports in Saskatchewan has suddenly skyrocketed to 17 per 100,000 people as of 2012, three times the national average.

That spike is largely attributed to drug use within aboriginal communities.

"Just getting tested is a barrier outside the cities," said St. Jean, adding education is woefully lacking, along with resources.

"I'm indigenous and come from a small town; it's well known if you go to a hospital you won't be treated as well because of the colour of your skin."

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SCENE

DVD review

Dawn of the Planet of the Apes

Director. Matt Reeves

Stars. Andy Serkis, Jason Clarke, Gary Oldman

Dawn builds on Rise of the Planet of the Apes (2011), picking up the prequel story about a decade after mankind has been devastated by a simian flu unleashed just as smart apes have revolted against human oppressors.

Andy Serkis again stars as lead ape Caesar, the most intellectually and emotionally evolved of the apes, having grown not just as a rebel and leader but now also as a father and family figure.

Caesar can understand the need of the surviving band of humans — led by Jason Clarke and Gary Oldman — to restore order by reactivating a hydro power plant in ape territory outside a ruined San Francisco. But rivals amongst both apes and humans conspire against him.

The Hundred-Foot Journey

Director. Lasse Hallström

Stars. Helen Mirren, Om Puri, Manish Dayal

Welcome to Lassetopia, the mythical world inhabited by filmmaker Lasse Hallström where the sun always shines, except for brief pauses when nurturing rain kisses the ground. Lassetopia is a place much like we find in The Hundred-Foot Journey, an act of foodie fantasy adapted from Richard Morais' bestseller.

This movie offers love and romance in two enticements: for the film's delightful characters, ably led by Helen Mirren, Om Puri, Manish Dayal and Canada's Charlotte Le Bon, and also for the mouth-watering array of delectable dishes.

PETER HOWELL

The Polar Sea follows amateur sailors through the Northwest Passage in a 10-hour TV documentary and an interactive online video and magazine. CONTRIBUTED

See Arctic voyage on TV, online or in virtual reality

Multimedia. The Polar Sea borrows Netflix strategies as it tracks amateur sailors on journey through the Northwest Passage

It's a 10-part TV documentary series, an interactive web doc, an online magazine and an experiment in the emerging field of virtual reality.

The producers behind The Polar Sea, which follows a trio of middle-aged amateur sailors on an ambitious and arduous voyage through the Northwest Passage, don't really care how you experience their investigation into climate change.

But they are proud that the documentary, is getting so much airtime — on TVO in Ontario starting on Monday. New episodes air every weeknight for two weeks.

The series will also be available for all Canadians to stream at tvo.org/polarsea. Borrowing a strategy from Netflix, all 10 episodes will go online on Monday for binge watchers.

It was decided early on that the TV doc would be just one part of the story, says producer Kevin McMahon of Toronto-based Primitive Entertainment, who notes that the Canada-German co-production involved five film crews shooting over the course of four months.

"I think everybody in this business is now looking at finding a way to speak to as broad an audience as possible and, increasingly, that means speaking through different platforms. We're trying to offer as many doors into the story as we possibly can."

Digital production company Deep 360 created an interactive 30-minute online companion documentary, with 360-degree video. In a web browser, users can zoom, pan up or down, or spin the camera angle around as the documentary plays. In one incredible scene, viewers are on a beach as the Northern Lights glow overheard.

"Everyone had this wish to create something on the interactive side in tandem with the series that would allow people to actually experience the Arctic," says Deep 360 founder Thomas Wallner, who adds that the online documentary has its own story, characters and footage that are independent of the TV doc.

"We never use the words 'climate change' in the story

Climate change

Producer Kevin McMahon says the doc looks at climate change through the Arctic because it's changing faster than anywhere else in the world. "Ten or 15 years ago, it would've been impossible for me or you to sail through the Northwest Passage, but if you're an amateur sailor, now that's your goal. It's become like the new Mount Everest; something people want to test themselves against."

ever, it's about experiencing the Arctic and experiencing the changes through people's eyes, it's not about hitting people over the head with a heavy-handed message."

The interactive documentary is also compatible with soon-to-be-released virtual reality devices, including the Facebook-owned Oculus Rift and Samsung's Gear VR.

Virtual reality early adopters will be eager to get their hands on content for those devices, which should expose The Polar Sea to new audiences worldwide.

"It's the right place at the right time for sure, but it was a strategy from the beginning," says Wallner. "There may be an audience coming into this that doesn't necessarily care about climate change or the Arctic but they'll be brought into it (by the technology)."

For those who want to go really deep into the subject, there's also an interactive online magazine — available in English, French or German.

McMahon says viewers who take in the documentary — in any of its forms — may be surprised by how much debate there is about the future of the Arctic.

"What we found, interestingly enough, is they're split. A lot of them are worried about what it's going to do to traditional culture," he says. "On the other hand, a lot of them are interested in what opportunities it opens up for them.

"Whatever will happen in the Arctic — whether global warming continues to undermine the subsistence culture or whether it gives them opportunities to transform into a more industrial culture, with more mining and oil wells and so on — all of that is going to be decided by people who live in the Arctic. Or at least they're going to have a voice in it," McMahon says.

THE CANADIAN PRESS

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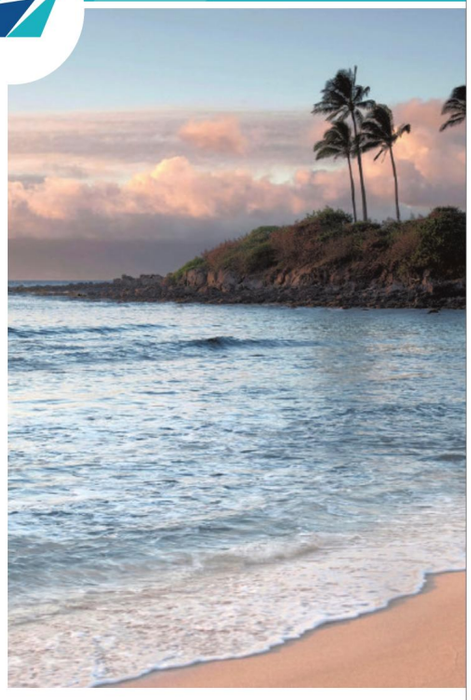

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Shia LaBeouf says he was raped at art gallery

NED EHRBAR
Metro in Hollywood

Hey, remember earlier this year when Shia LaBeouf set himself up in a Los Angeles art gallery with a bag over his head to have staring contests with strangers for five days? Well, the actor says he was raped during the show. "One woman who came with her boyfriend — who was outside the door when this happened — whipped my legs for 10 minutes and then stripped my clothing and proceeded to rape me," LaBeouf says in an email interview with Dazed and Confused magazine. "Then (she) walked out with her lipstick smudged to her awaiting boyfriend who I imagine was quite hurt by it." To make things even more absurd, this happened when his girlfriend, Mia Goth, was coming to visit the show and he couldn't talk to her about it. "It was Valentine's Day and I was living in the gallery sleeping in a sleeping bag for the duration of the event," he explains. "We were separated for five days. No communication. So it really hurt her as well as I guess the news of it travelled through the line. She was only about 25 people back. When she came in she asked for an explanation and I couldn't speak so we both sat with this unexplained trauma silently. It was painful."

Taylor Swift ALL PHOTOS: GETTY IMAGES

Shake It Off, Matt: Taylor might still want you

Maybe you've never heard of British band The 1975, but apparently it's a thing and it has a lead singer named Matt Healy, who recently met Taylor Swift. And things apparently went really well — though Healy might have just ruined the whole thing with a single radio interview. "I met Taylor Swift — that was really nice," Healy said during a recent interview with Shazam Top 20 radio. "We exchanged numbers. Let's see what happens."

I could tell you what's going to happen, Matt, but I don't want to spoil it. "I mean bloody hell, what am I going to do? Go out with Taylor Swift? She's a sensation, I wouldn't say no," Healy added. Oh Matt, buddy, I don't think that's up to you anymore.

Post-surgery Freddie Prinze Jr. clarifies that 'learnin to walk' thing

Outspoken She's All That and Star Wars Rebels star Freddie Prinze Jr. revealed on Twitter that he underwent spinal surgery recently, though he could have phrased the initial announcement better. On Wednesday he tweeted, "Learnin to walk again is like learning jiu-jitsu — one technique at a time" along with a photo of himself in a neck brace. The "learnin to walk" bit caused a bit of a stir, so Prinze had to clarify that he's just fine, tweeting, "I can walk fine.

"Just putting back together one step at a time," he added.

Frugality isn't the other F-word

Money management. Hang-ups about conscious budgeting can get in the way of good financial plans

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Do you worry if being frugal may be perceived as cheapness? ISTOCK

Do you think people who are more frugal are so because of necessity? Do they think frugality leads to wealth? Or are they just uptight weirdos who will do anything to save a buck?

Stories abound about the "millionaire next door" who drives the 20-year-old rust bucket and wears the same pants he bought in 1942.

And there are a wealth of anecdotes about people who clip coupons, hunt the deals, shop very carefully to save cents because that's the only way they can make ends meet.

But what about the people in the middle; the folks who have enough to make do and then some. How careful are they about how they spend their money? And what drives them to be frugal if they are?

I was sharing some apps I'd recently been talking about on TV with a bunch of women when one woman said with a great deal of disdain, "We don't need to be careful. We make more than enough money and I like not having to think about it."

Another in the group responded, "Hey, I like the game. I love seeing how much I can save each month. It feels like a win!"

So which camp do you fall into?
a) I don't even want to think about it
b) I love the game
c) I have no choice

I'm not a rabid bargain shopper. I like a good deal, but no deal is good enough to make me spend money for something I don't actually need or really, really want.

So hearing there's a sale on at the TV store isn't going to make me go looking at TVs. In fact, if I'm not looking for something in particular, no flyer is going to make me head to the store for new shoes, garden supplies or patio furniture.

In my book, sensible spending and solid money management are as important as how much moolah you're bringing in.

After all, if you spend every cent of your salary, no matter how enormous it may be, you will still wind up in Debt Hell.

Witness what happened in Alberta in the last couple of years as people's incomes skyrocketed and their ability to borrow went right on up, too.

Albertans have the highest level of debt in the country — so much for those great incomes — and their net worths are falling like a rock.

If you make the effort and take the time to watch your money, you can grow a pretty satisfying nest egg on a relatively small income.

That's where the "blue-collar millionaire" phenomenon was born. Once upon a time, blue-collar workers were seen as just making ends meet.

Then financial institutions woke up to the reality that lots of people with average-Joe salaries had stockpiled quite the basketful of money simply by making saving a priority. There are all kinds of reasons why people eschew frugality. Some folks hate the idea of holding up the checkout line with their myriad coupons.

Others don't want people to think them "cheap." Still others just can't be bothered with hauling around flyers for price matching or pulling out the right loyalty card to earn points. Saving money should simply be a habit.

And when you find yourself becoming complacent — when you think you have so much money that you don't consider cost a factor in your purchase decision — it's time to pinch yourself.

You've wandered into dangerous territory.

Technology tips

I have some good news: Technology has made it easier than ever to save money while shopping, so you have the money you need to meet goals like debt repayment, retirement savings, and saving for your kids' future education. Here are five of my faves:

1 Flipp: Find what's on sale and clip it straight to your shopping list. You know how I feel about shopping lists. Never leave home without one! No more toting around flyers so you can price match. And if you're looking for something in particular, just type it into the search function.

2 Checkout 51: A Canadian app, you take a picture of your receipt and submit it and the products featured give you cash back without your having to clip a coupon. When your account hits 20 bucks, you ask for a cheque. Download CartSmart and SnapSaves and make your receipts do triple-duty!

3 Gasbuddy: Find the cheapest gas wherever you are and earn points for gas prices you report to the site. This is community shopping at its best.

4 Redlaser: Tired of hauling around all those loyalty cards? Download Redlaser and you won't have to. Need I say more?

5 BillMinder: Have trouble keeping track of when bills are due? This app is for you. See all your bills, record the date paid and even export to Excel. Nifty.

Shop safely online

CONTRIBUTED

What could be more up your tech-savvy alley than doing your holiday shopping online this Cyber Monday? Ensure you have a safe and secure online shopping experience with tips from Joe Stewart, director of malware research for Dell SecureWorks.

1 Make sure your computer's anti-virus and malware detection software is patched and up-to-date. Also, keep your browser and browser plug-ins (document viewers, music and video players and rich content applications) patched and up-to-date.

2 Type the web address of your favourite shopping websites into your browser. "Online ads and emails may direct you to bogus sites designed by cyber criminals to extract personal information," Stewart says.

3 When making online purchases, look for HTTPS in the URL window. The extra "S" after HTTP lets you know the website provides a layer of security.

4 Watch for websites, online ads or unsolicited emails with free offers or big discounts. "Also, be sure not to click on the links or attachments, which could infect your computer with malicious software," Stewart says.

5 Make online purchases using a credit card with a small credit limit. This limits your potential exposure.

6 Be wary of holiday greetings, news and pictures with links or attachments. Verify first that the correspondent sent you the email. "Your friends could have had their email address book hijacked by hackers," Stewart says.

7 Never respond to emails from your bank or any financial institution that ask for updated information. "Financial institutions rarely ask customers to update information via email, and they never ask you to disclose sensitive information via email," Stewart says.

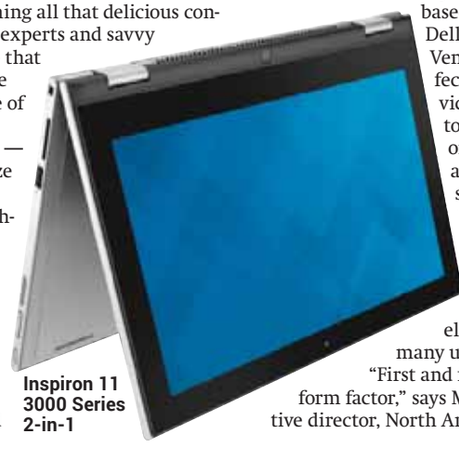
8 Avoid using weak or default passwords for any online site. Use a different password for each site; store your passwords securely and auto-generate new, strong passwords with a passport management tool like LastPass or KeePass.

9 When possible, use a computer dedicated solely for accessing financial accounts, online purchases and paying bills. "This computer should not be used for surfing the web or for emailing, the primary vectors for infecting your computer."

NOTHING BEATS THE EASE OF A TABLET

From streaming TV shows to downloading films to following celebrities on social media, the digital world provides countless ways to keep us entertained. And when it comes to consuming all that delicious content, technology experts and savvy consumers agree that nothing beats the comfort and ease of a tablet.

Today's tablets — with a display size from seven to 10 inches with touchscreen interface — are versatile, portable and pack enough processing power to watch a movie on the go, store and share photos and videos, browse the Internet, download apps, read newspapers, magazines or books, and so much more.



Inspiron 11 3000 Series 2-in-1

But tablets aren't just for fun. Windows-based tablets, such as the Dell Venue 8 Pro and Venue 11 Pro, are perfect for use as work devices, enabling people to use Microsoft Office or Windows-based applications for seamless transition between devices, toggling between a desktop or laptop.

What makes a tablet the preferred electronic device of so many users?

"First and foremost, there's the form factor," says Marissa Tarleton, executive director, North America consumer marketing, Dell. "A tablet is mere millimetres thin and weighs only a pound or less. It's very portable, and it has instant 'on' access, so there's no waiting to boot up a tablet."

Venue 7 3000 Series tablet

Tablets have changed the way many people consume content, but some are choosing two-in-one laptops with tablet and laptop in one device. Typically, with a screen size of 10 to 13 inches, some two-in-ones have a flip or 360 hinge to move from laptop to tablet mode, for example, the Dell Inspiron 11 3000 Series 2-in-1 or the Dell XPS 11.

For users who want the benefits of a more traditional "desktop" feel, the Dell Venue 11 Pro offers an optional full-sized Dell Tablet Keyboard with built-in battery. Or you can go even further with a Dell Tablet Dock, which enables users to connect to external monitors, a keyboard, mouse and printers.

For this year's holiday gift list, see all the great tablets and other devices at dell.ca.

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intel inside CORE i3

Finding success in art by thinking like a CEO

Career. One non-profit wants to help artists and performers navigate the world of business

LAKSHMI GANDHI
Metro in New York City

If there's one thing that Adam Huttler wants the world to know, it's this: There's no reason to glamorize the concept of a starving artist.

"There's sort of this romantic halo to this self-marketed artist who only knows art, but it's not doing them any good and it's not doing anybody any good," says Huttler, founder and executive director of Fractured Atlas, a tech company that provides support to working artists.

Micheline Heal, a dancer and choreographer living in New York, agrees. Heal says that when she started performing professionally she knew little about the business aspects of the dance world.

"When I first started I was advised by an accountant, 'You really need to start separating personal finance from your company financing and oh, by the way, you can accept non-profit donations,'" and I was like, 'What?'" Heal recalls.

While doing research, she discovered Fractured Atlas' online resources and says they have helped her get her career off of the ground.

"I think what's really worked for me is asking a lot of 'dumb' questions and try and try to get as much advice as you can on every single business aspect, because unless you have a business background, you really aren't going to know," Heal continues.

We sat down with Huttler to talk about Fractured Atlas and the things that every working artist should keep in mind as they build their careers.

Let's get real

"There's sort of this romantic halo to this self-marketed artist who only knows art, but it's not doing them any good and it's not doing anybody any good."

Adam Huttler, founder and executive director of Fractured Atlas

Adam Huttler LINKEDIN.COM

How important is it for an artist to think like an entrepreneur?

It's hugely important. Artists — whether they like it or not — are small businesses. Usually, they go to school where they focus on craft, more or less exclusively — and obviously you've got to have the talent. But then they find themselves out in the world and realize "Wow, I need to know about fundraising, I need to know about marketing, I need to know how to make a budget."

What are some of the more common questions that younger artists have when they come to you?

It's all over the map. I think that a lot of people just don't know where to get started and they might have some vague sense of what they need. They'll come to us wanting help with a grant proposal and in the process of helping with that grant proposal there's a lot of technical assistance and coaching that happens along the way.

And can you tell us about the Arts Entrepreneurship Awards that you are currently collecting nominations for?

It's our second year doing the awards. We've always been an entrepreneurial organization ourselves, we've always been launching new initiatives.

So we've been championing this, but this is the first time we've been able to plant a flag and say, 'This is entrepreneurship and this is what we want to see more of in the field.'

Perhaps it's time to paint yourself with the brush of a business person as well as a that of a budding artist. ISTOCK

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They're hiring you, not your home

If you do lose your Wi-Fi, keep cool; your prospective employers will be judging your reaction to stress more than your flaky Internet connection.

Dear Metro,

I have a Skype interview this week for a new job. It's a big position, and I want to look professional. Problem is, I live in a crummy apartment with loud, nosy roommates. I'm afraid I'll be interrupted or come off like an unprepared kid. How can I make myself seem more polished?

— Incoming Call

Dear IC,

Skype interviews aren't an invitation to talk shop in your undershirt while eating Spaghettios. Treat it like an IRL assessment: Comb your hair, and be prepared.

Your home may not be the 11th-floor boardroom, but you can stage a neutral set-up. Keep your background simple: Blank walls are best.

If your roommates are so reckless they can't respect a "PLEASE DO NOT DISTURB" text, consider renting a sealed meeting room at a shared workspace or library. Just make sure they have a solid Wi-Fi connection.

And on that note, remember that it's more about you than your surroundings. If you do lose your Wi-Fi, keep cool; your prospective employers will be judging your reaction to stress more than your Internet connection.

Same goes for your roomies: If they bust onscreen wearing body paint and swinging a bottle of Jack Daniels, ask them to leave in a professional manner. Then eat their cookies later.

Dear Metro,

I share a small office with a really nice guy — who is also anal-retentively clean. He won't let me touch anything. He even gets finicky when my own desk gets cluttered! I'm the type of person who likes a little lived-in mess, and I'm finding his rules really aggravating. How can we find a middle ground?

— Must Maintain Some Mess

Dear MMSM,

He: likes Lysol wipes. You: want to work among knick-knacks and paper stacks. The match is not ideal — but there are techniques to Swiffer your tensions away.

How "alive" is your "lived-in" disorder? If your corner is a dumping ground for empty Tim Hortons cups and, say, old copies of Metro circa 2012, the problem isn't him — it's you.

A certain level of professional cleanliness is expected at any office, and you first need to check your own mess.

If he's overly must-dust clean, set some boundaries. Your desk is your own office real estate, and he shouldn't get all twitchy if you leave some mail next to your phone. Respect the common areas, but explain, politely, that your brain functions better in clutter.

You could also make a schedule: Say you'll tidy once a week and stick to it. He can't fret on Monday when housekeeping day is Thursday. Or just let the guy clean. Saves you from doing it yourself.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

If your only at-home interview option is to answer questions from a chaotic kitchen, try seeking out a quiet meeting space in your community. ISTOCK

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This recipe serves six. ROSE REISMAN

Pizza meets Mac 'n' Cheese

Pizza Mac 'n' Cheese Pie. Two fast food classics team up in one cheesy dish

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Two of our favourite fast foods are pizza and mac 'n' cheese.

A little kitchen experimentation led to combining these two ideas into a healthier version, and my Pizza Mac 'n' Cheese Pie was born!

Instead of a doughy pizza crust, I use whole wheat penne pasta as the base and pour a lighter cheese sauce over top.

The cheese sauce combines evaporated milk and chicken stock thickened with flour.

This eliminates the use of excess butter and higher fat milk.

Using an older, sharper cheese allows you to use less, which also reduces the calories and fat.

This dish is easy to make and a great way to put a spin on meals already in heavy rotation at your household.

Pizza Mac 'n' Cheese Pie is sure to be a new family staple!

Directions

1. Preheat the oven to 375 F. Spray a 10 – 12-inch pie pan or skillet with vegetable oil.

2. Bring a large pot of water to a boil. Add penne and bring back to a boil, cooking for 8 minutes or just until tender. Drain pasta well and place in pie dish.

3. While the pasta is cooking, make sauce. Whisk together the flour, stock and milk in a saucepan until smooth. Place the mixture over medium heat and cook, whisking constantly, for about 3 minutes or until the mixture is hot and slightly thickened.

4. Stir in the cheddar and Parmesan cheese and the mustard. Cook until the cheese melts, about 1 minute. Remove from the heat. Add the cheese sauce to pasta and toss to combine.

5. Flatten the penne pasta in pie pan, top with tomato sauce, green peppers, tomatoes and grated mozzarella cheese. Bake for about 25 minutes. Let rest for at least 5 minutes to make cutting easier. Serve with crisp, green salad.

FLASH FOOD

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Ingredients

- 375 g penne pasta (preferably whole wheat)

Cheese Sauce
- 2 tbsp all-purpose flour
- 3/4 cup chicken (or vegetable) stock
- 3/4 cup canned evaporated milk (2%)
- 1 cup shredded aged light cheddar cheese
- 1/4 cup grated Parmesan cheese
- 1/2 tsp Dijon mustard

Topping
- 1/3 cup tomato sauce
- 1/2 cup sliced green peppers
- Handful of cherry tomatoes
- 1/3 cup grated mozzarella cheese

Stamps overturn Ticats' title hopes

CFL. Hamilton fans leave Vancouver with heavy hearts after late penalty on Banks' TD

CAM TUCKER
cam.tucker@metronews.ca

No lead is safe in the CFL. It's a slogan the nine-team league prides itself on.

In a year when the quality of the product on the field was questioned and criticized, the 102nd Grey Cup had the makings of a blowout in the first half but produced another thrilling finish. At first, the underdog Hamilton Tiger-Cats looked like they were in for another embarrassing loss in the title game.

Their comeback attempt fell short. Brandon Banks, the speedy and small kick returner, appeared to score the go-ahead touchdown late in the fourth quarter on a punt return.

A penalty for illegal block on the return nullified the score. No touchdown. Banks, who got room to the outside and outran everyone to the end zone, was crushed. He put his hands to his face and fell to the turf.

Grey Cup Game

Stampeders	Tiger-Cats
20	16

The Calgary Stampeders, so dominant in the opening half, held on by a final score of 20-16 before a crowd of 52,056 at BC Place Stadium on Sunday.

The Stampeders and 24-year-old quarterback Bo Levi Mitchell, showing the potential of an up-and-coming star, looked unstoppable at one point. And that was without a big performance from Jon Cornish, who was contained to only five yards rushing in the first half.

Six plays after a Nic Grigsby fumble and Hamilton recovery for a loss of 29 yards, the Stampeders opened the scoring in the first quarter on a Drew Tate rushing touchdown.

Tate scored a pair of rushing touchdowns for Calgary, which led by 17-7 at halftime.

This game hinged on few big plays, the penalty on the punt return being the biggest. The Grigsby fumble was another, as was a Justin Medlock blocked field goal attempt in the opening half.

The Stampeders' victory gives them their first Grey Cup since 2008.

Grey Cup turning points

1 First. Stamps strike early

Backup QB Drew Tate scored on a one-yard run as the Calgary Stampeders grabbed a 7-0 lead over the Hamilton Tiger-Cats after the first quarter.

2 Second. Banks opens Grey Cup account

Tiger-Cats speedster Brandon Banks got behind the Calgary defence for a 45-yard TD on a pass from Zach Collaros that cut the deficit to 17-7 at halftime.

3 Third. Paredes pushes lead to 13

Rene Paredes kicked a 20-yard field goal with 4:20 left in the third quarter as Calgary took at 20-7 lead into the fourth.

4 Fourth. Cup goes to Calgary

Banks brought Ticats fans to their feet with 35 seconds left when he returned a punt 90 yards for a TD, but it was nullified by an illegal block penalty. THE CANADIAN PRESS

WHL. Giants hire former Winnipeg Jets bench boss Claude Noel

Claude Noel is the new head coach of the Vancouver Giants.
MARIANNE HELM/GETTY IMAGES

The Vancouver Giants have hired former Winnipeg Jets bench boss Claude Noel as their new head coach, after firing Troy Ward last week.

Noel will speak to reporters following a team practice in Ladner on Monday. The club made the announcement of his hiring Sunday.

The Giants canned Ward prior to last Wednesday's road game against the Lethbridge Hurricanes. His tenure lasted only 25 games. Vancouver's Western Hockey League team had been mired in a losing streak, which was snapped at six games on Saturday. They sit dead last in the B.C. Division with a 10-18 record.

Noel is now the fifth head coach in the Giants history.

"We're excited to have Claude join our organization," said Giants general manager Scott Bonner in a statement.

"He has worked extensively with Ken Hitchcock, who is one of the best coaches in WHL history, and with Claude coming from the NHL, we know he's one of the top coaches in the world. We're confident that he can get us back on track."

Bonner and team owner Ron Toigo will also speak to the media on Monday.

About to enter a three-game home stand, the Giants host the Portland Winterhawks on Saturday at the Pacific Coliseum.

CAM TUCKER/METRO

NBA

Grizzlies beat Kings, no dispute

The Memphis Grizzlies left nothing to chance against the Sacramento Kings.

Less than three weeks since their disputed win in Memphis, the Grizzlies closed with a flurry to beat the shorthanded Sacramento Kings 97-85 on Sunday for their fifth straight win. THE ASSOCIATED PRESS

NFL

Rodgers edges Brady, Green Bay beats Patriots

Aaron Rodgers threw for two touchdowns in the Green Bay Packers' win over the New England Patriots, 26-21, on Sunday.

Rodgers bested Tom Brady in the first meeting between the two stars as starters. THE ASSOCIATED PRESS

Aaron Rodgers GETTY IMAGES

Gordie Howe

Hockey great's vital signs good

Gordie Howe is comfortable as he makes a long recovery from two strokes, but the hockey great can't walk and has limited speech, one of his sons said Sunday.

Mark Howe said his 86-year-old father's vital signs are good and is aware of the reasons for his condition. THE ASSOCIATED PRESS

Red Wings show power

NHL. Detroit shooters unfazed when league's oldest arena goes dark for 33 minutes

The streaking Detroit Red Wings were able to laugh about a power outage at aging Joe Louis Arena.

Pavel Datsyuk scored twice and Detroit beat the Vancouver Canucks 5-3 on Sunday for their fourth straight victory.

About a third of Joe Louis Arena, including the Vancouver zone, went dark 29 seconds into the game after a minor power failure. The game was delayed 33 minutes.

"That's the beauty of the Joe," Niklas Kronwall said about the arena that opened in 1980. "It's been around for a long time. It's kind of the charm of it. You never know what's going to happen."

Kronwall, Danny Dekeyser and Gustav Nyquist also scored, Henrik Zetterberg had two assists and Jimmy Howard made 30 saves for Detroit.

Linden Vey scored twice and Shawn Matthias added a goal for Vancouver, which spent a lot of time in the Detroit zone in the final 20 minutes.

"It's disappointing," Matthias said. "You look at the third period, we dominated them. All the lines were working and all the lines were creating chances."

The Red Wings appeared to have the game in hand after going into the third up 3-1, but the Canucks hung around and twice made it a one-goal game.

"I didn't think we were near as good as we can be," Detroit coach Mike Babcock said. "I thought we turned over some pucks and backed in a bit but we did enough good things to win."

Canucks coach Willie Desjardins begged to differ.

"They were better than us," he said.

"They were really strong in the corners and in their breakouts."

Kronwall opened the scoring at 3:15 of the first period, beating Ryan Miller with a slapshot, and Nyquist made it 2-0 midway through the period with a one-timer on a power play.

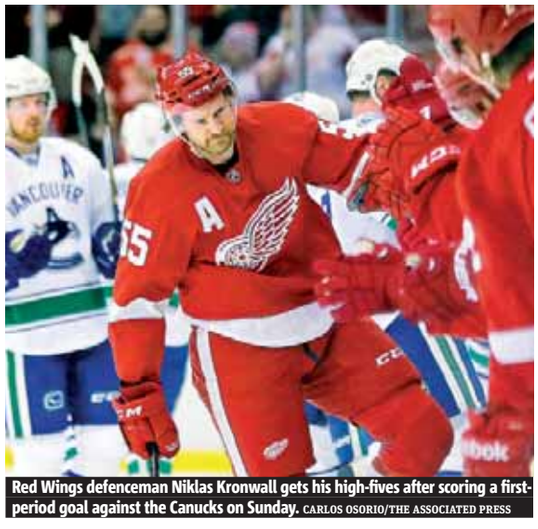
Vey scored on a power play at 2:37 of the second, and Datsyuk countered late in the period with a power-play goal that appeared to hit Canucks forward Nick Bonino's skate before crossing the line.

Matthias and Dekeyser swapped goals early in the third before Vey added his second.

Datsyuk had an empty-net goal in the final minute. Miller made 25 saves in just his fourth loss of the season. The loss ended Vancouver's three-game winning streak.

The Red Wings played the third period without forward Justin Abdelkader after he left the game with a shoulder injury. Babcock said he did not believe it was serious.

THE ASSOCIATED PRESS



Red Wings defenceman Niklas Kronwall gets his high-fives after scoring a first-period goal against the Canucks on Sunday. CARLOS OSORIO/THE ASSOCIATED PRESS

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Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
With your ruler Mars allied to Saturn today you possess stamina, steadfastness and a taste for success. Decide on a target and go for it.

♉ Taurus
April 21 - May 21
The task you have to tackle over the next few days may not seem inspiring but once you get to grips with it you will find it engages your interest more than you imagined.

♊ Gemini
May 22 - June 21
Mars in the wealth area of your chart means you have important financial arrangements to deal with and you must do so from a position of strength. Know your worth.

♋ Cancer
June 22 - July 23
Something you have taken for granted turns out to be not so simple. Rather than be annoyed, dig deeper into the situation. What you find could send you on a voyage of discovery.

♌ Leo
July 24 - Aug. 23
Now is the time to get started on a task you've been avoiding. With Mars and Saturn on good terms today you will find it easy to concentrate.

♍ Virgo
Aug. 24 - Sept. 23
It may not be obvious where a certain situation is taking you but everything will be revealed in time. Trust your instincts over the next few days.

♎ Libra
Sept. 24 - Oct. 23
Something is missing from your life and you won't be happy until you find what it is. According to the planets it isn't "out there" in the world but "in here" in your heart.

♏ Scorpio
Oct. 24 - Nov. 22
An objective may not have been within your reach in the past but it will be over the next few days. All you have to do is put a name to your dream and then extend your hand to grasp it.

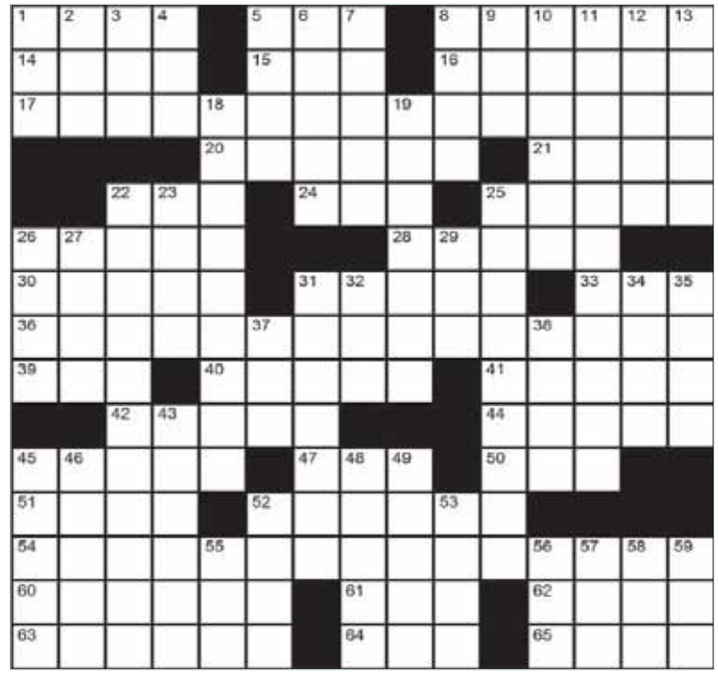
♐ Sagittarius
Nov. 23 - Dec. 21
Get down to essentials. What exists in your mind's eye could and should exist in the real world, so stop the excuses and make it happen.

♑ Capricorn
Dec. 22 - Jan. 20
Something you see or hear over the next 24 hours will inspire you to do more with your life. If someone who does not possess your talents and can be a success, so can you.

♒ Aquarius
Jan. 21 - Feb. 19
There is a job to be done and you know that you won't be able to move on in your life until it is finished. You don't like to feel you are being coerced but it's for your own benefit.

♓ Pisces
Feb. 20 - March 20
With mind planet Mercury at odds with your ruler Neptune make sure those you help really are in need, and not faking it.

Crossword: Canada Across and Down by Kelly Ann Buchanan



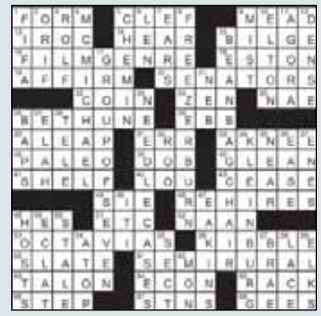
Across

1. Montreal Canadiens home, __ Centre
5. Chef Lagasse's sound!
8. Francia's neighbour in Europa
14. Jazzy Ms. Laine
15. Airport posting, briefly
16. "Old __" (1957)
17. Face creams might claim to stimulate this process: 3 wds.
20. Nullifier, at law
21. Mr. Berkus
22. Smidgen
24. __ the Record Man
25. Ferry village on the Ottawa River
26. Ms. Swinton
28. Grads
30. Easy _ _ _ _ (Simple)
31. Soap star Ms. Francis
33. Distant
36. Prince Philip's title: 3 wds.
39. Imitate
40. Saskatchewan village
41. Manicurist's board
42. God of wine in ancient Rome
44. Toronto's Loma, and others
45. Sagas
47. Prime meridian std.
50. Kyrgyzstan city
51. Dream: French
52. Pat Morita's character in "The Karate Kid" (1984)
54. Seamstress' workshop item: 2 wds.
60. Egg stone
61. Writer of 1856's Aurora Leigh ...her monogram
62. Barney Bentall & The Legendary Hearts song: 2 wds.
63. Musicals composer Jule, and surnamesakes
64. Frat. counterpart
65. "Revolutionary __" (2008)

Down

1. Cavemen yrs.
2. Wapiti
3. Hawaiian necklace
4. Mr. Chaney
5. BBC, cute-style
6. Sky's supporter
7. Mediterranean island
8. Glancer
9. John McCain, e.g.
10. Fully-packed assembly
11. Slogan for Tim Hortons: 2 wds.
12. "Peachy keen!"
13. "Over the Rainbow" co-composer Harold
18. Chambers-for-the-dead
19. Bucharest's land
22. American actress married to Canadian actor Ryan Reynolds: 2 wds.
23. "Why, __ __ honoured!"
25. Inhabitant of the province to Ontario's right
26. "Voila!"
27. In baseball, goes to bat: 2 wds.
29. Ms. Ronstadt, for short
31. Atlanta's state
32. Summer hrs. indicator
34. Taj Mahal's site
35. Actor Mr. Darby
37. Charge
38. Ms. Thurman's
43. Traps the ship in Arctic waters: 2 wds.
45. Mathematician, Paul __ (b.1913 - d.1996)
46. Ross who ran for President in the 1990s
48. Comedian Wanda
49. Billy Blanks fitness system: 2 wds.
52. Fr. titles for ladies
53. Eng., Scot. and Wales: 2 wds.
55. Queen __. _. (Toronto thoroughfare)
56. Pres. monogram
57. "__ Baby Baby" by The Miracles
58. Shag rug kind
59. Huffy

Friday's Crossword

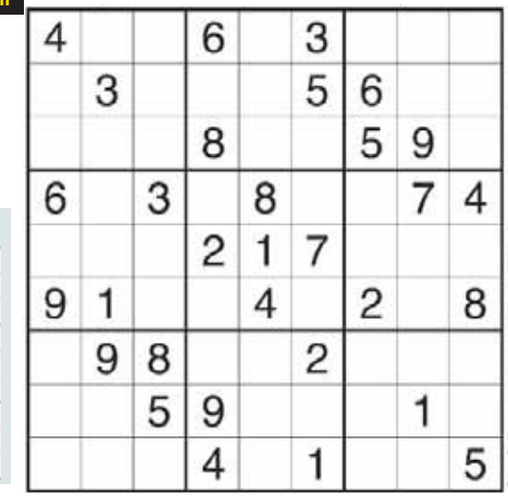


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Friday's Sudoku

5	8	3	6	1	9	7	4	2
2	6	1	4	7	3	9	5	8
7	9	4	2	8	5	3	6	1
8	3	2	1	4	6	5	9	7
4	5	7	3	9	8	2	1	6
9	1	6	7	5	2	4	8	3
1	4	8	9	3	7	6	2	5
6	7	9	5	2	1	8	3	4
3	2	5	8	6	4	1	7	9

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4501 North Rd.

Coquitlam
Coquitlam Centre
Westwood Mall
1071 Austin Ave.

Delta
Scottsdale Centre
1517 56th St.
4841 Delta St.
4912 62nd St.

Langley
Willowbrook Mall
8700 200th St.
19638 Fraser Hwy.
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Mission Smartcentre
32670 Lougheed Hwy.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Port Coquitlam
2020 Oxford Connector

Richmond
Lansdowne Centre
Richmond Centre
11686 Steveston Hwy.

Surrey
Central City Shopping Centre
Cloverdale Crossing
Grandview Corners
Guildford Town Centre
Semiahmoo Shopping Centre
3189 King George Blvd.
7380 King George Blvd.
13734 104th Ave.

Vancouver
Oakridge Centre
Pacific Centre
220 East 1st Ave.
551 Robson St.
808 Davie St.
991 Denman St.
1095 West Pender St.
1143 Robson St.
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